



Resources for California Farmers Experiencing Stress

Compiled by: California Dairy Quality Assurance Program and
University of California Agriculture and Natural Resources

24-Hour Crisis Intervention

1-800-SUICIDE (1-800-784-2433)

1-800-273-TALK (1-800-273-8255)

TDD/TTY: 1-800-799-4TTY (1-800-799-4889)

Central Valley Suicide Prevention (24-Hour Crisis): 1-888-506-5991

California Youth Crisis (24-Hour Crisis): 1-800-843-5200

Text "GO" to 741741 for confidential texting conversation

Depression is a serious, life-threatening condition that affects an estimated 19 million Americans. For more information about depression, see:

<http://www.depression.org>

<https://www.nimh.nih.gov/health/topics/depression/index.shtml>

<https://extension.colostate.edu/docs/pubs/consumer/10255.pdf>

County Mental Health Services

Butte County 24-Hour Crisis Lines: **(530) 891-2810** or **1-800-334-6622**

<http://www.buttecounty.net/behavioral%20health.aspx>

Del Norte County 24-Hour Crisis Line: **(707) 464-7224** or **1-888-446-4408**

<http://www.co.del-norte.ca.us/departments/health-human-services/Behavioral-Health-Branch>

Fresno County 24-Hour Crisis Line: **1-800-654-3937**

<https://www.co.fresno.ca.us/departments/behavioral-health>

Glenn County 24-Hour Crisis Line: **1-800-507-3530**

<https://www.countyofglenn.net/dept/health-human-services/behavioral-health/welcome>

Humboldt County 24-Hour Crisis Line: **(707) 445-7715** or **1-888-849-5728**

<https://humboldt.gov.org/329/Mental-Health>

Kern County 24-Hour Crisis Line: **1-800-991-5272**

<https://www.kernbhrs.org/>

Kings County 24-Hour Crisis Line: **1-800-655-2553**

Local Suicide Prevention Line: **1-888-506-5991**

<http://www.kcbh.org/>

Lake County 24-Hour Crisis Line: **1-800-900-2075**

Local Suicide Prevention Line: **(855) 587-6373**

<http://www.lakecountyca.gov/Government/Directory/LCBHS/resources/LCBH.htm>



Madera County 24-Hour Crisis Line: **1-888-506-5991**

<https://www.maderacounty.com/government/behavioral-health-services>

Marin County 24-Hour Crisis Line: **(415) 473-6666** or **(415) 473-6392**

<https://www.marinhhs.org/behavioral-health-recovery-services>

Mendocino County 24-Hour Crisis Line: **1-855-838-0404**

<https://www.mendocinocounty.org/government/health-and-human-services-agency/mental-health-services>

Merced County 24-Hour Crisis Line: **(209) 381-6800** or **1-888-334-0163**

<http://www.co.merced.ca.us/index.aspx?NID=78>

Sacramento County 24-Hour Crisis Lines: **(916) 368-3111**

<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

San Joaquin County 24-Hour Crisis Line: **(209) 468-9370** or **1-888-468-9370**

<http://www.co.san-joaquin.ca.us/mhs/>

Sonoma County 24-Hour Crisis Line: **(707) 576-8181**

<https://sonomacounty.ca.gov/Health/Behavioral-Health/>

Stanislaus County 24-Hour Crisis Line: **(209) 558-4600**

<http://www.stancounty.com/bhrs/>

Sutter-Yuba County 24-Hour Crisis Lines: **(530) 673-8255** or **1-888-923-3800**

https://www.suttercounty.org/doc/government/depts/hs/mh/hs_behavioral_health

Tehama County 24-Hour Crisis Line: **(530) 527-5637** or **1-800-240-3208**

https://www.tehamacohealthservices.net/MentalHealth/directory_mh.htm

Tulare County 24-Hour Crisis Line: **1-800-320-1616**

English: <https://tchhsa.org/eng/index.cfm/mental-health/>

Spanish: <https://tchhsa.org/es/index.cfm/salud-mental/>

Yolo County 24-Hour Crisis Line: **1-888-965-6647** or **TDD 1-800-735-2929**

<https://www.yolocounty.org/health-human-services/mental-health/mental-health-services>

Yuba-Sutter County 24-Hour Crisis Line: **(530) 673-8255** or **1-888-923-3800**

https://www.suttercounty.org/doc/government/depts/hs/mh/hs_behavioral_health

California Farm Bureau Federation Farm Stress Information

<https://www.cfbf.com/rural-health/?tab=Farm+Stress>

<https://www.cfbf.com/rural-health/?tab=Crisis+Hotline>